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Last 12 Months PANORAMA HILLS  
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
May 2025	\$569,900	\$555,000
April 2025	\$584,900	\$571,250
March 2025	\$419,900	\$425,000
February 2025	\$386,450	\$374,750
January 2025	\$379,900	\$368,000
December 2024	\$449,900	\$440,000
November 2024	\$476,400	\$468,950
October 2024	\$432,500	\$419,750
September 2024	\$465,000	\$464,500
August 2024	\$479,900	\$487,995
July 2024	\$464,950	\$489,000
June 2024	\$485,000	\$480,000

Last 12 Months COUNTRY HILLS  
MLS Real Estate Sale Price Stats

	Median Asking Price	Median Sold Price
May 2025	\$599,000	\$600,000
April 2025	\$507,450	\$511,750
March 2025	\$521,750	\$512,000
February 2025	\$439,900	\$430,000
January 2025	\$534,900	\$550,000
December 2024	\$534,900	\$551,112
November 2024	\$467,500	\$464,250
October 2024	\$494,900	\$463,500
September 2024	\$480,000	\$491,500
August 2024	\$504,950	\$499,000
July 2024	\$365,000	\$360,000
June 2024	\$757,500	\$752,000

To view more detailed information that comprise the above MLS averages please visit [pano.mycalgary.com](http://pano.mycalgary.com) or [cou.mycalgary.com](http://cou.mycalgary.com)

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# What Is a Boundary Really? Understanding the Rules We Set for Ourselves

by Nancy Bergeron, R.Psych | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)

When most of us hear the word boundary, we tend to think of rules we place on other people: “Don’t speak to me like that,” or “You can’t come over without asking first.” But in truth, boundaries aren’t rules for others—they’re rules for ourselves. They define our comfort zone, and they guide our actions when someone crosses a line we’ve drawn.

“A boundary means you are responsible for what’s in your yard, which would be your thoughts, your feelings, your actions, and your opinions,” explains Dana Skaggs, therapist. “And your neighbours also have a right to their thoughts, their feelings, their opinions, and their actions.” In other words, you tend your own garden—and you don’t try to control what someone else grows in theirs.

This is one of the most empowering (and humbling) aspects of boundaries: they remind us that we don’t get to control others. We can’t force people to think like us, behave in ways we prefer, or rescue them from their own beliefs. What we can do is make choices about how we’ll respond when someone acts in ways that don’t feel good to us.

That’s where the real work of boundaries begins. As therapist Laura Vladimirova puts it: “There’s no boundary without internal consequence.” It’s not enough to say, “I don’t want you to come over unannounced anymore.” The assumption might be that the person will simply comply. But what if they don’t? That’s when the boundary is tested—not when it’s spoken, but when it’s ignored. Do we let them in anyway? Ask them to leave and come back later? Decide to spend less time with them moving forward? Our boundary is only as strong as the action we’re willing to take when it’s crossed.

An example of this could be for a romantic relationship. We have a list of behaviours that make us uncomfortable, and we would leave the relationship if those boundaries weren’t respected. In practice, what they demonstrate is this core truth: a boundary includes a limit and a consequence. We are clear on what we would do if our boundaries weren’t respected.



This principle applies just as much in parenting. Parents often think of boundaries as rules for their children: “Put your shoes on before going outside.” But children test rules—that’s what they do. The real boundary isn’t whether the child follows the rule, but how the parent responds when they don’t. Do you put the shoes on for them if they don’t? That’s the boundary in action: your response, not their behaviour.

Another common misunderstanding is that boundary violations should always result in cutting someone off. “Sometimes, with boundaries, we think the most severe consequence is what’s always needed,” says therapist Nedra Tawwab. However, if we ejected every person who crossed a line, we’d be left with very few relationships. Realistically, the first time someone violates a boundary, a reminder may be all that’s needed. The second time, you might take space or limit contact. Only in cases of repeated violations or extreme harm do more permanent consequences become necessary.

Ultimately, boundaries are an act of personal responsibility. They require clarity, consistency, and courage—not control. They aren’t about changing other people. They’re about protecting our own well-being and honouring our own limits, even when others don’t. And that’s where true empowerment lies.



## **Downtown Summer Festivals and Events**

*by The City of Calgary*



Calgary's Summer Festival Season is in full-swing and downtown is where you'll find the electric energy as people come to experience the ultimate celebration of community, creativity, and culture. With over 100 festivals and events happening downtown this summer, the heart of our city will be bursting with fun and entertainment for everyone.

Whether you are a resident or a visitor, this is your invitation to immerse yourself in the vibrant spirit of our Downtown Summer Festival Season. Downtown is home to some of our proudest landmarks and our biggest celebrations, like Canada Day, Stampede, Carifest, and the Calgary Folk Music Festival. The best of our city is reflected in these festivals and events, as people come together to have fun, celebrate, and enjoy life's moments.

With a wide variety of entertainment, the Downtown Summer Festival Season has something for everyone and this year, we want to make sure you're just a click away from staying connected. That's why we've created the Downtown Summer Festival Itinerary; a guide to keep you informed about the festivals and events happening downtown from now until the end of September.

Mark your calendars, gather your friends and family, and get ready for an unforgettable Downtown Summer Festival Season. Ready, set, explore! To learn more about the exciting festivals and events happening downtown, visit [calgary.ca/exploredowntown](http://calgary.ca/exploredowntown).



## **News from the Friends of Nose Hill**

*by Anne Burke*

Connect: Calgary's Parks Plan replaced the Open Space Plan and the Natural Areas Management Plan. Calgarians have historically and consistently had a strong desire for the inclusion of natural areas as Open Space. As early as 1914, The Mawson Plan recommended protection for the riverbanks. In the 1940s, the public wanted natural park environments to be preserved. Little or no management was considered. In the early 1970s, The Calgary Bird Club assessed several natural areas, including East and West Nose Hill, before specific natural areas management policies were identified. By 1980, City Council adopted the first Nose Hill Park Master Plan, to ensure that natural habitat would remain for wildlife species that use it. The Nose Hill Biophysical and Land Use Inventory was a major project, but any unexpected problem or difficulty was beyond its scope. Instead, The Nose Hill Park Management Advisory Committee was followed by the Nose Hill Park Trail and Pathway Plan.

The Natural Areas Management Plan called for long-term conservation methods to support appropriate public uses. Some activities were dog walking, hiking trails, and weed control. For Nose Hill, as a Major Natural Environment Area, there were guidelines about grazing, wildlife, signage, fallen trees, and brush. As in all Natural Environment Parks, the approach was based on habitat types, with the general principles being fire management, life cycling, planting, restoration, and reclamation. To communicate the aims of protection, management, and permitted uses in a natural environment park, staff training and public education were planned, so as to share information regarding natural areas and natural history in Calgary. The plan was to evolve, with more research and new techniques for managing urban natural areas, as the public perception of Open Space changed, not only in Alberta but across North America.

## Celebrating Calgary 150 - Oil Town

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Calgary was booming by 1920.

The CPR built the Palliser Hotel, called the “Castle by the Tracks”, which employed immigrants like my Nona and father. The Kings Arm Tavern inside was frequented by gay men. Meanwhile, Fort Calgary was razed.

A splendid City Hall reflected Calgary’s prominence. And another public building is Heritage Hall, Western Canada’s first post-secondary institution. Hudson’s Bay’s new store opened with a granite columned arcade, unique in North America.

Parks Superintendent William Reader sought to beautify Calgary with Reader Rock Garden, his experimental site. Shaganappi (“rawhide lacing” in Cree), an Indigenous gathering place, became the first municipal golf course (ca.1914).

St. George’s Island became the zoo’s home, with concrete dinosaurs added in 1935. Dinny is the only survivor. Annie Gale, the British Empire’s first woman city councillor, supported self-sufficiency through the Vacant Lot Gardens Club.

Energy resources started dominating the economy. Coal was mined in the Crowsnest Pass - my great-grandfather Salvatore was a miner who died in an accident. Nearby is Turtle Mountain, known to Indigenous peoples as “the mountain that moves”. On April 29, 1903, the Frank Slide destroyed the mine and several homes. Between 70 and 90 people perished.

At Turner Valley, William Herron’s well struck gas. He’s considered the father of Alberta’s petroleum industry. The Herald wrote, “a lively but fairly sane cow town became a madhouse”. Oil was discovered in 1936, sealing Calgary’s fate as Oil Town.

New main streets developed. Off 10 Street NW is the Art Deco-style Plaza Theatre (ca.1934). Apartment buildings also appeared, including Spanish Colonial-style President Apartments and Tudor Revival-style Barnhart Apartments.

Another kind of community formation occurred in 1928 when Métis Nation of Alberta was founded to establish eight settlements.

Then the Great Depression began in 1929. Public works projects generated employment, including the Glenmore Reservoir and Banff-Jasper Highway. Norman Luxton spearheaded Banff’s Winter Carnival and Buffalo Nations Museum. Mount Norquay and Sunshine became ski resorts.

During hard times, sport offered respite. The Calgary Tigers played rugby football and threw Canada’s first forward pass in 1929. The Stampeders won their first game in 1945, perfect for a city approaching 100,000.

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“Palliser Hotel, Calgary, Alberta,” 1929-06-20, (CU1101121) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1WU3E87WS=SearchResults>.



“City Hall, Calgary, Alberta,” [ca. 1911], (CU169103) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1SLYACF?WS=SearchResults>.

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“Provincial Institute of Technology, Calgary, Alberta,” [ca. 1925], (CU1212545) by Oliver, W. J.. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1ZY6LN>.



“Dinny the Dinosaur under construction at zoo, Calgary, Alberta,” 1937, (CU1225525) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ualgary.ca/asset-management/2R3BF1O8Q5OQ>.





"Hudson's Bay Company Department Store, Calgary, Alberta," 1917, (CU166208) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F3I3I3?WS=SearchResults>.



"First Nations camp, Shaganappi Point, Calgary, Alberta," 1901, (CU1125950) by Notman. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Please credit Notman Archives, McCord Museum. On occasion of Royal Visit of Duke and Duchess of Cornwall and York. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1O8XTG9?WS=SearchResults>.



"Entry to St. George's Island, Calgary, Alberta," [ca. early 1920s], (CU1104276) by McDermid Photo Laboratories. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XZKVOH>.



"View of Turtle mountain and slide area, Frank, Alberta," [ca. 1903], (CU1104678) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1F1MFB1?WS=SearchResults>.



"View of Dingman #1 (Calgary Petroleum Products #1) well, Turner Valley, Alberta," 1914, (CU1157433) by Oliver, W. J. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FRZGBP?WS=SearchResults>.



"Filtration plant, Glenmore dam, Calgary, Alberta," [ca. 1938], (CU1130063) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1FP1RIS?WS=SearchResults>.



"Stoney at Banff Carnival, Banff, Alberta," 1922, (CU1154126) by McCowan, Dan. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. <https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OKFKF?WS=SearchResults>.



"Sunshine ski lodge, Simpson Pass, Alberta," [ca. 1936-1937], (CU1118448) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.

## Bow River

by Garth Paul Ukrainetz

Bow River, Bow River, O where is your quiver  
Where are the arrows you hide deep inside  
Take aim for the moon, let them fly thru the heavens  
Shooting like stars over Calgary skies

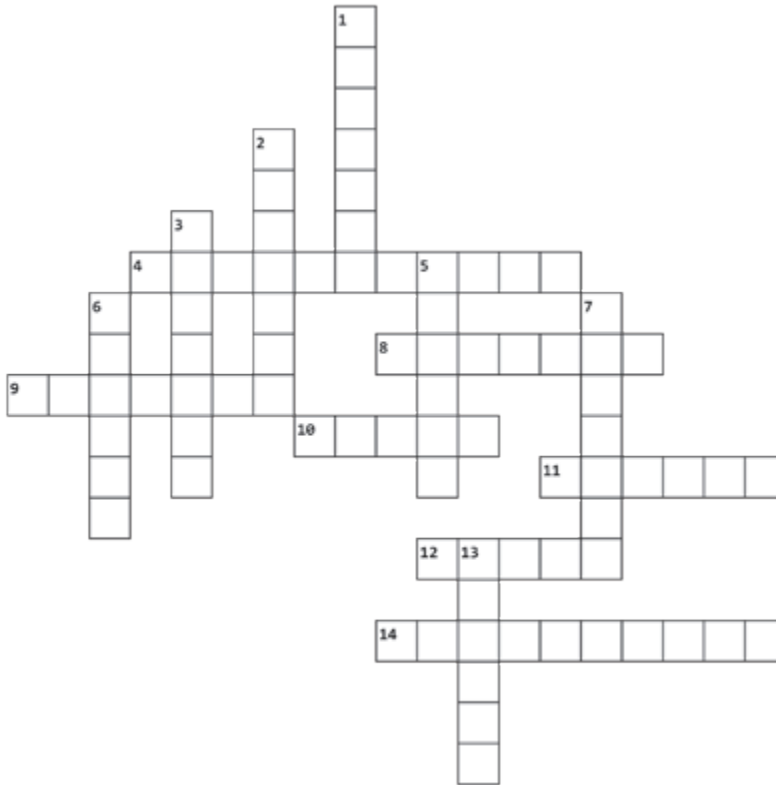
Bow River, Bow River, melt of glaciers deliver  
Water flows pure from the mountaintops high  
Your destiny's duty to guard and protect it  
Transporting for all under big prairie sky

Bow River, Bow River, always generous giver  
Jubilation you bring to Alberta's dry land  
For water is life, you bestow of it freely  
Grateful animals drink from the palm of your hand

Bow River, Bow River, mighty warrior consider  
While forward you lead, we'll be watching your back  
To be perfectly clear, we can't take you for granted  
Drought and pollution will sneak and attack



# July Crossword



Visit [bit.ly/mycalgaryanswers](https://bit.ly/mycalgaryanswers)  
or scan the QR code  
for the answers

## Across

4. Harper Lee's Southern Gothic novel, *To Kill a \_\_\_\_\_*, was published on July 11, 1960.
8. In July 1930 this South American country hosted the first FIFA World Cup.
9. The revolutionary portable audio player made by Sony launched in July 1979.
10. Gymnast \_\_\_\_\_ Comăneci scored a perfect ten on July 18, 1976, at the Montreal Olympic Games.
11. The name "Canada" comes from this Huron-Iroquois word for "village".
12. Talented Calgarian Tate \_\_\_\_\_ celebrates her 22nd birthday on July 1.
14. Lucy Maud \_\_\_\_\_, author of *Anne of Green Gables*, got married on July 5, 1911, in Park Corner, PEI.

## Down

1. On July 30, 1935, this well-known publishing company, named after an Antarctic animal, published their first books.
2. The action thriller *Die Hard* starring Bruce Willis and Alan \_\_\_\_\_ premiered on July 22, 1988.
3. The popular mobile game, \_\_\_\_\_ GO, launched in July 2016.
5. Starring Canadian actor Ryan Gosling, this positively pink film premiered on July 9, 2023.
6. Founded by Canadian musician Sarah McLachlan, the first \_\_\_\_\_ Fair, an all-female music festival, occurred on July 5, 1997.
7. On July 8, 1996, the Spice Girls released this song as their debut single.
13. This North American country made their national anthem official on July 1, 1980.

## Cannabis and Youth

by Recovery Alberta – Community Health Promotion Services



Cannabis or other common names including, marijuana, weed, or pot, is a drug that comes from a plant that contains over 100 compounds. The two common compounds are THC and CBD which have completely different effects on the body, but both affect how you think, feel, and act. Cannabis can be smoked, vaped, consumed by eating or drinking, and absorbed through the skin.

Having conversations with a young person may be uncomfortable or difficult to know where or how to begin. Below are some key areas to focus on:

- Discussions: When is the right time to start having these conversations? Well, it is known that discussions about substances should begin as early as 12 years or earlier when appropriate. Educating yourself on how the substance is used and why it may be popular is the first step.
- Try To Understand Why: There are many reasons why a young person may decide to use substances, which can include coping, curiosity, or peer pressure. Ask questions and try to understand why they want to use and what they know about the substance.
- Set Clear Expectations: It is known that youth succeed with consistency. Be clear with your expectations of “no use of substances” while keeping in mind that you still want to be the support they come to. Role modeling and applying the same expectations for yourself will support with maintaining consistency.



### Heat Related Illness

by Alberta Health Services

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

#### Heat Exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors).
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating.
- The patient is usually cold and damp to the touch and the skin may appear pale or dusky gray.

#### Heat Stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal.
- It occurs when the body can't cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels.
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

#### First Aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment.
- Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment.



- If the patient is conscious and alert, provide suitable fluids such as water, juice, or a sports drink.
- If you are concerned, seek medical attention.

#### Prevention

- Stay well-hydrated by drinking plenty of water at all times.
- Be aware that excessive alcohol consumption will promote dehydration.
- Always wear a broad brimmed hat to keep the sun off your face and neck.
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11:00 am and 3:00 pm, even on cloudy days.

## Musical Houseflies

We've all had the annoying experience of being chased around by a housefly, but you probably didn't realize that they were actually playing music! Well... not really, but the noise they make when flying is always in the key of F! Isn't that neat? Maybe next time, see if you can harmonize!



## BBQ Beef Patties on Buns

by Jennifer Puri

Alfalfa can be termed a super food due to its remarkable antioxidant properties. Antioxidants are highly effective against inflammation and may help protect cells from damage.

Alfalfa sprouts are made from germinated alfalfa seeds. These small stringy sprouts are filled with nutrients and are a good source of protein, fibre, vitamins, and minerals.

Alfalfa, radish, broccoli, kohlrabi, or red and green cabbage sprouts are all healthy and can be added to a sandwich, salad, soup, smoothie, or an omelette.

Alfalfa sprouts not only add a crunchy texture to any dish but can also make a dish look “gourmet” as shown in the BBQ Beef Patties on Buns recipe below.

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

**Servings:** 4

### Ingredients:

- 1 lb lean ground beef
- ½ cup fine dry breadcrumbs
- ½ tsp. coarsely ground black pepper
- 1 egg
- ⅓ cup barbeque sauce
- 2 tsps. finely chopped parsley
- 4 slices mozzarella cheese
- 4 hamburger buns

### Toppings:

- Red onion
- Lettuce leaves
- Mayonnaise
- Mustard
- Alfalfa or radish sprouts

### Directions:

1. In a medium size bowl mix together ground beef, egg, breadcrumbs, barbeque sauce, chopped parsley and black pepper until mixture is smooth.



2. Divide the mixture into 4 equal size portions and form balls. Flatten the balls into ¾ inch patties on a cutting board. Use your thumb to create a depression in the centre of each patty which helps to keep them in shape while cooking.
3. Oil the grilling grates and then grill the patties, covered, on medium high heat or until brown on the first side about 5 to 6 minutes.
4. Flip the patties and continue cooking for a few more minutes until desired doneness is reached. Use a meat thermometer to check the internal temperature of the patties aiming for at least 160 degrees Fahrenheit.
5. Top each patty with a slice of mozzarella cheese and allow cheese to melt.
6. Slice buns in half and toast on the grill if desired. Spread a little mayo and mustard followed by lettuce leaves, onion slices, and patties on one half of the buns then top with alfalfa sprouts and remaining half buns. Serve with French or sweet potato fries if desired.

Bon Appétit!



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